

Theme: Mindful Presence in Clinical Practice

Intention: review of previous practices, revisiting how this may be applied clinically, time for a longer pause

Teacher Intention: Embodying patience, trust, beginner's mind, non-judging, acceptance, non-striving, letting go

Rest

Setting the tone for the day - self care; noble silence, custody of the eyes;

Mindful eating

Walking meditation (outside, as weather permits)

Breath Awareness Practice

Mindful Movement - Qigong

Body Scan

Reading a poem while in savasana ("Forget about Enlightenment")

Loving-Kindness

Letter writing - <https://self-compassion.org/exercise-1-treat-friend/>

Dyads Inquiry practice (questions: what did you notice today? What 1 thing did you learn during this course that might support you through residency training and perhaps beyond?)

Large group check in about dyad practice

Large group check In: What's your intention around self-care moving forward?

Moving forward:

- a) Phone interviews
- b) Discussion of mindfulness resources at UW and in the community - for self and for patients

Time to complete Course Surveys